



endura
Weight Loss Solutions

JUMPSTART
YOUR WEIGHT
LOSS WITH

Orbera365™
Intragastric Balloon System

Orbera365™ is one of the procedures that is part of Endura Weight Loss Solutions from Boston Scientific.

This booklet takes you through the **ORBERA365™** Intra gastric Balloon procedure and explains what to expect in the coming weeks and months.

It will guide you through the dietary progression you will make, provide tips that will help you adapt to your new weight management programme, and help you create a healthier lifestyle.

Important: Orbera365™ Intra gastric Balloon Information related to following content, images and pictures:
The Orbera365™ Intra gastric Balloon is for adults who are suffering from obesity and have not been able to lose weight and keep it off.
Your doctor's clinical team, including dieticians, nutritionists and/or exercise trainers, should help you on your weight loss journey.
Do not use Orbera365™ for more than 12 months. For full safety information please visit www.IFU-BSCI.com

ORBERA365™

INTRAGASTRIC BALLOON

SYSTEM

**MINIMALLY INVASIVE WEIGHT LOSS SOLUTION –
DESIGNED TO BE TEMPORARY**

ORBERA365™ is a soft silicone intragastric balloon, temporarily inserted into the stomach using minimally invasive methods, which create a feeling of fullness after meals.

ORBERA365™ stays in your stomach for up to **12 months** to help you build sustainable habits that support long-term weight loss.

PROCEDURE DETAILS

The balloon is inserted in a deflated state using an endoscopic procedure. Once inside the stomach, the balloon is immediately filled with sterile saline through a small filling tube. The balloon has a self-sealing valve and once it is filled the catheter is gently removed. Once full, the balloon will remain in the stomach for up to 12 months.

Placement procedure time can vary between 20-30 minutes.

Possible complications of using the ORBERA365™ include gastric discomfort, feelings of nausea, and vomiting following balloon placement, while the digestive system adjusts to the presence of the balloon. Your care team will help you manage these effects.



POST-PROCEDURE

You will most likely suffer from nausea and vomiting for up to 72 hours after the procedure.

Have the following ready in advance of your procedure:

- Clear juice (low acidity juice) and broth
- Ice lollies
- Plenty of water
- Chewable or liquid multivitamins
- Medications prescribed by your physician to alleviate any side effects

Additionally:

If you have small children at home, you should plan childcare in advance for at least three days. If staying in a hotel, please check in before your procedure and advise the clinic of your room number. We recommend that you have everything you need ready in the room before you are discharged from the clinic. It's best to have someone nearby for support during the first 24 hours.

TEMPORARY HELP TO JUMPSTART YOUR WEIGHT LOSS

JUMPSTART WITH ORBERA365™

You have taken the first step of your weight loss journey with Orbera365™. This intragastric balloon system will help you to re-connect with your body's natural hunger cues and explore a balanced approach to eating.

You are being supported on this journey by your team, as you progress through the following months you should frequently check in with your dietitian and other support staff. They will be able to clarify points from this booklet and answer any other questions you may have along your journey.

Lose weight and take control of your health with a 12-month jumpstart to weight loss with Orbera365™.

KEEPING A FOOD DIARY

At the back of this booklet you'll find a weekly food and exercise diary.

Keeping a log of what you eat will help make you more aware of your eating habits and portion sizes. This can give you a better understanding of how different foods affect you both physically and mentally.

This can also be a good motivational tool to look back on to see the healthy lifestyle changes you have made.



WEEK 1: LIQUID DIET

First day

In order to allow your stomach to adjust to the balloon it is best that you consume cold liquids (water, juice and broth).

Medications

You should start taking liquid multivitamins and calcium supplements. Please contact the medical staff at your clinic or your pharmacist if you have any concerns regarding your medication.

Some suggestions are:

- Low-calorie, low-acid fruit juices (carrot, cucumber, mango)
- Weak coffee or tea preferably decaffeinated
- Fat-free clear broth or soup (beef, chicken or vegetable)
- Low-calorie jelly (without fruit chunks)
- Ice blocks (without fruit or cream)
- Low-fat yoghurt drink
- Skim milk
- Protein shakes (made with water or skimmed milk)

Tips:

- Drink slowly, taking small sips.
- Wait a minute or two between each sip.
- Do not drink more than 100ml at once.
- Wait at least 10 minutes between drinks.
- Your total fluid intake should not be more than 2L (8 cups) per day.
- You may want a weeks supply of meal replacement shakes to help you meet your calorie and protein needs (please contact your clinic for more information).

SAMPLE LIQUID DIET

Breakfast

- 120ml protein shake
- 60ml skim milk
- 60ml unsweetened juice

Mid-morning snack*

- 120ml unsweetened juice
- 1 ice block
- 120ml skim milk

Lunch

- 120ml strained low-fat vegetable soup
- 60ml protein shake
- 60ml skim milk

Mid-afternoon snack*

- 60ml protein shake or 120ml low-calorie jelly

Dinner

- 60ml low-fat strained soup
- 60ml skim milk

Evening snack*

- 120ml protein shake

*If needed.



WEEK 2: PURÉED, SOFT AND SOLID FOODS

Making the transition

It is important to listen to your body during this period. The transition from puréed foods to solids should take approximately one week, but be sure to only progress to the next consistency when you can tolerate foods in each stage comfortably. This period is for your stomach to adapt to the balloon.

As you progress through these stages remember to eat slowly and to chew your food very well.

REMEMBER: It is also important that you drink plenty of water while having the balloon in place.

Purée foods (approx. 1–3 days)

Once you can tolerate fluids, you can start to introduce puréed foods.

You should be incorporating protein into every meal, remember to listen to your body and stop eating if you feel any discomfort or bloating.



How to Purée

1. Cut pre-cooked food into small pieces.
2. Put the food into the blender or food processor.
3. Add enough liquid to cover the blades (fat-free broth or gravy) and season (avoiding hot spices).
4. Blend until smooth adding liquid if necessary.
5. Strain any lumps or seeds.
6. Enjoy!

SAMPLE PURÉED MENU

Breakfast

- 60g cottage cheese
- 60g purée fruit
- 60g cooked semolina

Mid-morning snack*

- 120g soup
- 120g low or non-fat yoghurt

Lunch

- 120g tinned tuna, salmon or tofu
- 60g purée sweet potato
- 60g purée vegetables

Mid-afternoon snack*

- 120ml soup, milk, yoghurt or cottage cheese

Dinner

- 60g tinned tuna, salmon or tofu
- 60g purée vegetables
- 60g purée fruit

Evening snack*

- 120g skim milk or unsweetened juice

*If needed.

Soft foods (approx. 1–4 days)

This stage prepares your stomach for solid foods, remember to eat slowly and chew your food well. Aim to choose foods that are low in calories, carbohydrates, and fats.

Listen to your body, pay attention to feelings of fullness, pressure or discomfort; these are signs that you should slow down or stop eating entirely.

Use the 20/20 rule when eating. Food should be chewed at least 20 times and a meal should take at least 20 minutes to eat.

SAMPLE SOFT FOOD MENU

Breakfast

- 60g soft fruit such as banana, citrus fruit
- 60g cooked semolina or one egg
- 60g skimmed milk

Mid-morning snack*

- 60g sugar-free dessert or pudding pots
- 60g low or non-fat yoghurt
- 60g banana slices

*If needed.

Lunch

- 120g tinned tuna, salmon or tofu with 1 tablespoon light mayonnaise or plain yoghurt
- 60g low-fat ricotta or cottage cheese
- 60g soft fruit

Mid-afternoon snack*

- 120g protein shake
- 30g low-fat cream cheese

Dinner

- 60g tinned tuna, salmon or tofu
- 60g soft vegetables
- 60g soft fruit or low-fat frozen yoghurt

Evening snack*

- 120ml low-fat hot chocolate made with skimmed milk
- 60g soft fruit

MOVING TO SOLID FOODS

Making the transition

As you reach the end of this dietary transition, you are retraining your appetite.

Your perspective on food will slowly start to change. You will have established a new diet and exercise routine that will help you to succeed and maintain your weight after the balloon has been removed.

Please contact your dietician or clinic staff with any questions or concerns about your diet and gastric balloon.

Tips:

- Introduce solid foods one at a time.
- Try cooked foods before hard/raw foods.
- Limit or try to avoid bread, pasta, rice and other starches. These foods may stick to the balloon, causing bad breath.
- Drink plenty of water and avoid eating and drinking at the same time; drink at least one glass 1/2 hour before each meal and two glasses 1/2 hour afterward to “rinse” the balloon.
- Limit use of butter, margarine, mayonnaise, oil, gravy, cream, jam, honey and sugar.
- Roast, boil, barbecue or steam food.
- Take one multivitamin and calcium supplement a day.





**CONTINUE
BUILDING THE
HEALTHY EATING
HABITS YOU'VE
DEVELOPED**

Motivation is what got you started, but good habits are what will keep you going.

In this section you will find tips on for balancing your diet, controlling your portions and getting active. They will help you develop the key habits to maintain the positive habits and confidence you've built during treatment.

Tips:

- Eat a variety of foods from all five food groups.
- Do not eliminate a food group entirely, try to find a balance by eating one less often if necessary. Speak to a dietitian for further advice.
- Try to eat a variety of different coloured fruits and vegetables. Aim to eat at least one dark green and one orange vegetable a day, these are essential for blood health, immune function, as well as your overall health.
- If you feel unwell or believe you are not consuming enough calories, try to eat more portions of nutrient-dense foods. These will leave you feeling fuller for longer.

Read the labels

Nutrition information labels are mandatory on all pre-packaged food to help you, make informed decisions. It is important that you note not only the calorie count (kcal), but also the portion size.

Your dietitian will set a daily calorie intake for you, and reading these labels will help you stay within it.

Focus on foods and activities that support your energy and wellbeing

- Select low-fat and low-calorie alternatives. Even when out at a restaurant, ask questions about alternatives.
- Be careful with your portion sizes.
- Choose healthy oils such as olive oil to prepare foods.
- Regularly take supplements (if prescribed or recommended).
- Ensure you are eating enough protein, ie. 0.8g per kg of bodyweight per day. You can get your protein from a variety of sources such as lean meat, fish, lentils, tofu and eggs.
- Limit your fat, sugar, alcohol and salt intake.

THE HANDY GUIDE TO PORTION CONTROL

You can't carry a set of scales with you, so here are some tips you can use when you're out and about that will help you be mindful of portion sizes that feel comfortable for your body.



Grains and fruits

Choose an amount the size of your fist.



Vegetables

Take an amount you can hold in both hands.



Meats and alternatives

Choose an amount no larger than the palm of your hand and the thickness of your little finger.



Fats

Limit to an amount the size of the tip of your thumb.



STAY HYDRATED

You need at least 2L of liquids every day. The exact amount will vary with age, gender and activity level.

On average, adults require a minimum of 2L of water per day. Exercising, hot weather and excessive vomiting or diarrhea will mean an increase in minimum requirements.

Liquids should be mostly water but can include decaffeinated beverages, milk, juice and soups. Most liquids, other than water, contain calories and should be limited.

Tips:

- Keep a fresh glass of water at your desk or on hand.
- Carry a bottle of water with you throughout the day.
- Drink a glass of water before eating your meals.
- Drink a glass of water when you wake up each morning up to half an hour before you go to bed.
- Make sure you drink water after each meal (this also helps to rinse the balloon).
- Don't ignore thirst.

INCREASE YOUR DAILY FIBRE INTAKE

To reduce blood cholesterol levels and keep your digestion regular, try to include 20–35 g of fibre each day.

Tips:

- Use whole-grain bread, rolls or pitta when making toast or sandwiches.
- Substitute white flour for wholemeal flour in baking, and white pasta for wholemeal pasta in main dishes and salads.
- Eat a high-fibre cereal or add one to two tablespoons of bran or flax seed.
- Eat at least five servings of whole grain products every day.
- Eat as much fruit and vegetables as you can, try to eat the skin where possible.
- Eat fruit instead of drinking juice.
- Add barley, beans, peas or lentils to soups and casseroles.
- Add toasted nuts, sesame seeds, sunflower or pumpkin seeds to salads.

Remember to increase fibre in your diet slowly to avoid gas, bloating and diarrhea.

Spread your fibre intake evenly throughout the day and drink plenty of water.



LIMIT YOUR FAT, SUGAR, ALCOHOL AND SALT INTAKE

Enjoy foods like cheese or butter occasionally while balancing them with lighter, nourishing choices. Trans fats are also present in hydrogenated products like certain types of margarines.





Try to select non-hydrogenated products that are low in saturated fat. Choosing a low-fat cheese with less than 17% fat will help minimise your daily fat intake. You should be consuming no more than 1–2 tablespoons of added fat per day, this includes cooking, preparation, mayonnaise and salad dressings.

Too much **sugar** can affect energy and progress - small changes can help you feel more balanced.

Alcohol increases caloric intake and does not provide any nutritional benefits. If you choose to drink alcohol, your clinician can help you understand what's safe and balanced for you.

Salt should be limited as much as possible. Be mindful of adding salt to your food as it is already present naturally, and is commonly added during cooking.

FOOD GUIDELINES

	What to Include	What to Avoid
 Beverages	<ul style="list-style-type: none">• Water and soda water• Decaf diet drinks and decaf coffee• Unsweetened calorie-free drinks• Tea, herbal tea and diet iced tea• Note: Each ORBERA365™ System patient tolerates carbonated beverages differently while the balloon is in place.	<ul style="list-style-type: none">• Soft drinks• Sweetened juices and beverages• Alcohol• Caffeinated drinks
 Milk	<ul style="list-style-type: none">• Skim/low-fat milk• Non-fat sugar-free yoghurt	<ul style="list-style-type: none">• Whole milk and milkshakes• Chocolate milk and hot cocoa• Cream and non-dairy creamer• Regular yoghurt
 Meat, Fish, Eggs, Cheese and Beans	<ul style="list-style-type: none">• Steamed/ roasted/ barbequed chicken, turkey, fish, veal and lamb• Low-fat or non-fat cheeses• Eggs and egg substitutes• Beans	<ul style="list-style-type: none">• Fried meat, poultry, fish and eggs• Sausages• High-fat processed meats such as salami, pastrami and bacon
 Fruits	<ul style="list-style-type: none">• All, including diluted or low-calorie fruit juice	

FOOD GUIDELINES CONTINUED

	What to Include	What to Avoid
 Vegetables	<ul style="list-style-type: none">• All, except those listed in What to Avoid	<ul style="list-style-type: none">• Intakes greater than 1 cup of corn, pumpkin and peas
 Grains and Starches	<ul style="list-style-type: none">• Whole-meal crackers, bread and toast• Mashed and baked potatoes• Rice• Soups	<ul style="list-style-type: none">• Bagels and doughy breads• Waffles, pancakes• Popcorn• High-fat, creamy soups <p>Note: ORBERA365™ System patients may not tolerate pasta while the intragastric balloon is in place.</p>
 Fats	<ul style="list-style-type: none">• Low-calorie or non-fat margarine, mayonnaise and salad dressings	<ul style="list-style-type: none">• Butter, oil (unless olive)• Regular margarine, mayonnaise and salad dressings
 Sweets and Desserts	<ul style="list-style-type: none">• Sugar-free chewing gum• Low-calorie jelly• Low-calorie/ mini cakes and pies• Sugar substitutes	<ul style="list-style-type: none">• Full fat sweets and pastries• Ice cream and frozen yoghurt• Sugar and honey• Salty snacks

You do not need to give up the foods you love, just be aware of the portion sizes and how frequently you eat them. Weight management is just about that, management, it has to be sustainable.

**FIND MOVEMENT
THAT FEELS GOOD -
ONE STEP AT A TIME**



Once you move on to solid foods, you will start to introduce an exercise routine and a more active lifestyle. But don’t panic! With a bit of time and help from the team at your clinic, being active will become a part of your day that you enjoy. It’s about finding what’s right for you.

1. **Consult your physician and know your limits.**
2. **Start slowly.** Start gently and give your body time to adjust - gradual progress supports long-term success.
3. **Have a plan.** Set goals, both short term (how long am I going to walk for?) and long term (why am I doing this and what will success look like?).
4. **Have a back-up plan.** Know that if you cannot follow through on your first plan there are other resources you can use, i.e. coaches, books, Internet support.
5. **Schedule exercise into your day.** It takes about six weeks to turn a new practice into a habit. Scheduling activities in advance for the first six to eight weeks will allow you to instill these new changes into your lifestyle.
6. **Partner up.** Explore new activities or routines that fit your lifestyle.
7. **Choose activities you enjoy.** Being active is less of a chore when you do something you enjoy.
8. **Add variety.** The more options you have, the more likely you are to get out and get active.
9. **Add movement to your daily activities.** Adding activity throughout the day will result in changes in energy levels, stamina and amount of calories burned.
10. **Every little bit counts.** Simple daily movements – like choosing the stairs or short walks – can add up to positive changes.

HANDY ACTIVITY CHART

Use the following chart to get an idea of how many calories you are burning during 30 minutes of various activites:

Weight (kgs)	75	80	85	90	95	100	105	110	115
	Calories								
Volleyball	112	119	126	133	140	147	154	161	168
Walking (5km/h)	128	136	144	152	160	168	176	184	192
Golf (no cart)	160	170	180	190	200	210	220	230	240
Swimming	192	204	216	228	240	252	264	276	288
Weight training	200	213	226	239	252	265	278	291	304
Tennis	256	272	288	304	320	336	352	368	384
Jogging (8km/h)	296	314	332	350	368	386	404	422	440



KEEP MOVING!

Feel good physically, feel great mentally

You are on the right path.

Moving your body and fueling it well will make you feel good as well as contributing to other health benefits like cardiovascular health.

5 STEPS TO GETTING ACTIVE

1. Perception is critical to success

Too often we think we don't have time to exercise, but all the little activities we do can really add up. Taking the stairs, walking around the shops and parking further from the entrance all contribute to a healthier lifestyle. Also, consider that being active for three hours per week equates to just 1.8% of our entire week! Thirty minutes, five times per week is just 1.5% of our entire week! The average person spends more time standing in queues.

2. Book your activity into your week first

Plan your exercise in your day first instead of hoping it fits into your schedule and that you have the energy to do it. It is too easy for our schedules to fill up and we end up neglecting ourselves. Make that appointment with yourself and stick to it. You'll be amazed how much you can fit in around it if you just schedule the exercise first.

3. Have a back-up plan

Even if you have the best intentions in the world, there are times when life doesn't cooperate, like when the pouring rain puts a stop to the walk you had planned. Think of an alternative when that happens – do a few laps of the stairs at work or get out and walk around the shops. On the other hand, keep a spare gym bag in the car. If you find yourself with an extra 30 minutes in your day, get out and get active. When you plan ahead, you're more likely to make the time to exercise a priority.

4. Record your efforts

In your day planner or calendar, record the time and days that you are planning to be active, and then record the result. Be honest about this. The only person you will be cheating is yourself. Look back over the weeks and months to see how much progress you've made. There will be times when you have to miss a workout, don't put too much pressure on yourself and trust in your regular exercise habits. Supporting your weight loss journey is about consistency, self-care, and being kind to yourself.

5. Reward your efforts

Most of us focus on goals and not the actions we take to achieve our goals. If your goal is to lose 10kg, try to focus on the smaller goals that will get you there. Think "what do I need to do to get there?", this could be aiming to be active for 30 minutes a day 5 times a week. When you focus on smaller, less daunting goals, the results will come more easily.

Remember to reward yourself for your hard work, find some non-food-orientated ways to reward yourself. Book a weekend getaway, or a spa day, or buy some new clothes.



CONTINUING YOUR JOURNEY



A HEALTHY RELATIONSHIP WITH FOOD

Reflect on things in the past that have been an obstacle for you. These may still be present in your life, but they are not going to affect your diet and lifestyle any longer - you are in control!

We all experience emotional times in life. It's natural to turn to food for comfort at times – if this happens, try exploring other ways to nurture yourself. You can find other activities to help get your mind off what is bothering you, and remember it is always okay to talk to someone about what is going on in your head. If eating is what truly helps you, then try reaching for a healthy alternative to your favourite snack.

Tips:

- Select foods that are nutrient-dense, to keep you feeling energised.
- Whenever possible incorporate all five food groups.
- Be conscious of your portion sizes even when not preparing your own meals.
- Listen to your body!

Eat smaller portions

Don't feel as though you need to clear your plate; you know your body best, it will tell you when you are full. Being mindful of portion sizes helps you stay in tune with your body.

Explore your options

Variety is the spice of life and the more variety you have, the more you will enjoy your healthy choices. Try attending cooking classes, throw a healthy-options dinner party or do a healthy-recipe swap with your friends and family. Feel confident exploring new foods, flavours, and recipes that you enjoy. You've got a lot of living to do, why not keep it exciting?

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CONTINUING YOUR JOURNEY

Everything you have learned and accomplished isn't lost when **ORBERA365™** is removed; the balloon is just an aid. Your progress and dedication made this possible – we're proud to have supported your journey.

Removal procedure

The balloon is removed the same way it was placed. It is punctured and the saline suctioned up through a catheter.

Once deflated the balloon is retrieved and removed.

Three days prior to the removal you will revert to a semi-liquid diet. The day before you must consume liquids only. Failure to do so will result in the removal being postponed.



TAKING CONTROL - LIFE AFTER THE ORBERA365™ INTRAGASTRIC BALLOON SYSTEM

You made a brave decision to take control of your health, and have taken the first and most difficult steps. Whilst in place, **ORBERA365™** gave you the extra support you needed to achieve your weight loss goals and feel better about yourself. Now, it's up to you to build on and sustain the changes you have made to the way you live.

You now possess the knowledge, skills and support to continue with the exciting life changes you have made. Stay positive and you will keep building on the progress you have made.

Remember that this is not a diet – it is a lifestyle change. Stay committed to healthy eating, smaller portion sizes and your active lifestyle. Making healthier choices is now a part of your daily routine. If you eat more than planned, that's okay – tomorrow is another opportunity to refocus.

Tips:

Make sure you weigh yourself weekly. If you notice that you are starting to gain a few kilograms, go back to your food diary for a week or so, to help you be more aware of what, when and why you are eating. Stick to your new healthy habits and you will be able to maintain your weight.

TIPS FOR HEALTHY WEIGHT LOSS

Eating

- Eat slowly and chew thoroughly.
- Use small plates and bowls to help with portion control.
- Always stop eating when you feel full.
- Gradually introduce a variety of foods into your meals, especially those high in protein lean meat, fish, dairy and eggs.
- Have a source of protein with each meal.
- Uncooked food should be weighed without the parts you cannot eat.
- Choose well-cooked vegetables; raw vegetables should be chopped into small pieces.
- Some foods may be harder to digest – notice how your body feels and adjust if needed.
- Moderate your use of artificial sweeteners and diet soft drinks.
- Try to choose foods that provide lasting energy and nourishment.
- When using salad dressing, olive oil is preferred.

Drinking

- Drink at least 8 glasses of water each day.
- Remember to sip slowly.
- Drink one glass of water at least 30 minutes before each meal.
- Drink two glasses of water 30 minutes after each meal to “rinse” the balloon.

- During your meals try to drink as little as possible.
- Drink as few carbonated and caffeinated drinks as possible.
- Moderate your alcohol consumption. Half a can of light beer or half a glass of wine each day will account for approximately 50 calories.

Other Things to Remember

- Avoid eating late at night and don’t eat for at least two hours before going to sleep (the balloon tends to move up when you lie down and may cause reflux and nausea).
- If you do have reflux in the evening, avoid coffee, tea, alcohol, tomatoes, oranges or other acidic foods and don’t smoke. If it persists, try elevating your pillow by 20cm.
- In the case of vomiting, stop eating for at least 2 hours, drink small amounts of water, and proceed with soft foods as tolerated.
- Take vitamins and minerals as prescribed.



PLANNING YOUR JOURNEY

As an **ORBERA365™** patient, it’s important that you stay motivated on your journey to help you achieve your weight loss goals.

One great way of staying motivated is by planning and tracking your weight loss journey; this section is designed to assist you along the way.

Just follow these three steps:

- 1. Set your weight loss goals for two months and document your current weight and moods with the Bi-Monthly Weight Loss Goals.
- 2. Keep on track by recording your daily meals and exercise with the Weekly Food and Exercise Diary each week.
- 3. Track according to step 2 for 2 months before starting over again to re-evaluate your goals and document your progress.

Month 1

Month 2



Bi-monthly weight loss goals

Use this to plan and keep track of your progress, weight goals and personal progress

Notes:

Start weight

Goal weight

End weight

Weekly weight loss progress

Month 1

Week 1	Kg	Mood	
Week 2	Kg	Mood	
Week 3	Kg	Mood	
Week 4	Kg	Mood	

Month 2

Week 5	Kg	Mood	
Week 6	Kg	Mood	
Week 7	Kg	Mood	
Week 8	Kg	Mood	

Personal progress

Things I am going to do for myself

Things I want to improve on

New things to try

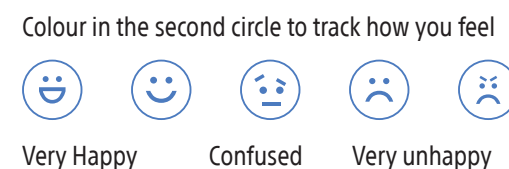
Yearly weight loss progress

Jan	Feb
Mar	Apr
May	June
July	Aug
Sept	Oct
Nov	Dec

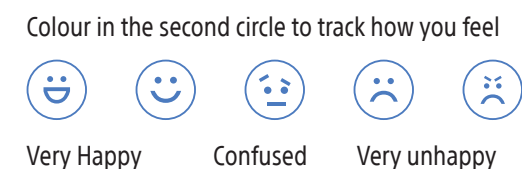
Total weight loss	Kg
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[illegible]

Colour in the first circle to track how you feel

[illegible]

Colour in the first circle to track how you feel



Month

Week

Weekly food and exercise diary

Use this to record your daily meals and exercise. Don't forget to log your mood and hunger daily.

Notes:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Lunch	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Dinner	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise							

How to use the mood and hunger tracker

Colour in the first circle to track how you feel

FullHungry

Colour in the second circle to track how you feel

Very HappyConfusedVery unhappy

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Month

Week

Weekly food and exercise diary

Use this to record your daily meals and exercise. Don't forget to log your mood and hunger daily.

Notes:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Lunch	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
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Exercise							

How to use the mood and hunger tracker

Colour in the first circle to track how you feel

FullHungry

Colour in the second circle to track how you feel

Very HappyConfusedVery unhappy

45

Month

Week



Weekly food and exercise diary

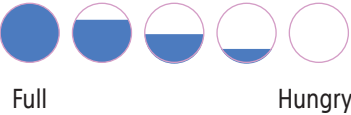
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Exercise							

How to use the mood and hunger tracker

Colour in the first circle to track how you feel



Colour in the second circle to track how you feel



Month

Week



Weekly food and exercise diary

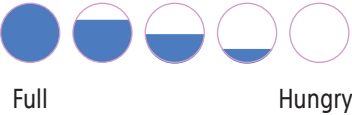
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How to use the mood and hunger tracker

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Colour in the second circle to track how you feel



Month

Week



Weekly food and exercise diary

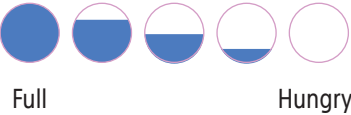
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Colour in the second circle to track how you feel



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Weekly food and exercise diary

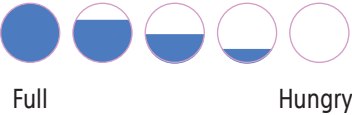
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Exercise							

How to use the mood and hunger tracker

Colour in the first circle to track how you feel



Colour in the second circle to track how you feel



YOU SHOULD BE WELL INTO
YOUR WEIGHT LOSS JOURNEY
WITH ORBERA365™ NOW,
AND WE WISH YOU CONTINUED
CONFIDENCE AND SUCCESS IN
YOUR ONGOING JOURNEY.



endura

Weight Loss Solutions

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